

# Digital Mental Health for Obsessive Compulsive Disorder (OCD)

## What is digital mental health?

Digital mental health allows you to access mental health tools and support using your phone or the internet. This includes online programs, forums, and mobile phone apps, as well as support over the phone, webchat or video call. These resources are free or low cost, easy to access, and research has shown that people find them helpful.

### Psychological Intervention

*A structured, interactive program or service that helps with a particular mental health concern.*

- ☐ **MindSpot**  
OCD  
Mental health self-assessment tool, information and online treatment programs with optional built-in therapist guided support for **adults** with various conditions.
- ☐ **THIS WAY UP** \$59 OR FREE WITH REFERRAL  
OCD  
Self-guided or own-clinician-supported self-assessment and mental health treatment and wellbeing programs for **adults** with various mental health concerns.
- ☐ **Mental Health Online**  
OCD Stop!  
Online self-assessment, VR mindfulness tool, and 12-week treatment programs with optional therapist guided support for various mental health conditions (**18yrs+**).
- ☐ **OCD? Not Me!**  
An eight-week self-guided online treatment program for young people (**12-18yrs**) with OCD.

### Peer Support

*Connect with others who have been in the same position. Peer support services do not offer crisis support.*

- ☐ **SANE**  
1800 187 263  
Counselling, peer support and information for **adults** with recurring, persistent or complex mental health issues and their support people. Counselling available Monday to Friday, 10am to 8pm.
- ☐ **My Circle**  
A safe, confidential peer support platform for young people (**12-25yrs**) with mental health, relationship and substance use issues to connect and learn from each other.
- ☐ **ReachOut**  
Information, online forums and individual webchat with a peer worker for **young people** seeking support to improve wellbeing.

### Counselling

*Support to work through a problem or crisis.*

- ☐ **ARCvic**  
OCD and Anxiety Helpline  
1300 269 438 or 03 9830 0533  
Phone support, information, and referral for people with OCD and/or anxiety disorders and their support people. Available Monday to Friday between 10am and 7pm.
- ☐ **MensLine**  
1300 78 99 78 (24/7)  
A telephone, video and online counselling service offering support to **men** in Australia.
- ☐ **Kids Helpline**  
1800 55 1800 (24/7)  
Online and phone counselling and information service for young people (**5-25yrs**).

Crisis

**If you are in immediate danger, please call '000'**

#### Lifeline

13 11 14 (24/7)

- ☐ **Lifeline**  
Phone, text and online counselling and information for people experiencing emotional distress and thoughts of suicide.

### Screening and Referral

*Check your symptoms and find further help.*

- ☐ **The Online Clinic**  
Mental health self-assessment and personalised feedback for **adults (18yrs+)** with free or low-cost suggested support services. Not a substitute for professional assessment or clinical advice.

### Information

*Learn more about what is going on and what getting better looks like.*

- ☐ **Beyond Blue**  
Information, phone and web-chat counselling, and peer support forums for people going through a tough time.
- ☐ **Headspace**  
Information, tools, and phone and online support for young people (**12-25yrs**) and their parents and caregivers, with mental health and alcohol and drug use issues.

## Follow-up plan:

*This referral sheet is designed for healthcare professionals to use as a reference guide or as a resource to share with clients or patients. Other professionals are welcome to use or share this resource for general information purposes only and within the scope of their professional role.*